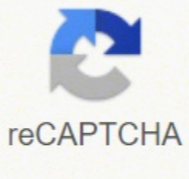




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# KETO SHOPPING LIST FOR BEGINNERS

[www.MyKetoPlate.com](http://www.MyKetoPlate.com)

## MEATS

- Uncured Bacon
- Chicken Meat
- Duck
- Ground Beef
- Steak
- Pork Chops
- Pork Roast
- Pork Ribs
- Lamb
- Sausage
- Shrimp
- Salmon
- Tuna
- Cold Cuts
- Organ Meats

## FATS

- Coconut Oil
- Olive Oil
- Avocado Oil
- Sesame Oil

## NUTS & SEEDS

- Pecans
- Walnuts
- Almonds
- Hazelnuts
- Macadamia Nuts
- Chia Seeds
- Flaxseeds

## VEGETABLES

- Broccoli
- Cauliflower
- Celery
- Zucchini
- Brussels Sprouts
- Cabbage
- Cucumber
- Eggplant
- Peppers
- Mushrooms
- Cucumbers
- Asparagus
- Lettuce
- Salad Mix
- Spaghetti Squash
- Zucchini
- Onions
- Garlic

## DAIRY

- Avocados
- Olives
- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Lemons
- Limes

## FRUITS

- Avocados
- Olives
- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Lemons
- Limes

## PANTRY

- Unsweetened Dark Chocolate
- Cocoa Powder
- Unsweetened almond milk, coconut milk
- Almond Flour
- Coconut Flour
- Erythritol
- Monkfruit Sweetener
- Avocado Mayonnaise
- MCT Oil
- Bone Broth
- Pork Rinds
- Pickles
- Peanut Butter
- Almond Butter
- Hot Sauce
- Beef Jerky

# KETO DIET SHOPPING LIST

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## MEATS

- Ground Beef 80/20
- Chuck Roast
- Ribeye Steak
- Chicken Thighs
- Chicken Breasts
- Whole Chickens
- Duck
- Breakfast Sausage
- Bacon
- Kielbasa
- Polish Sausage
- Pork Loin
- Pork Ribs
- Ground Pork
- Ham Steaks
- Pork Steaks
- Lamb Chops
- Ground Lamb
- Venison
- Buffalo Elk
- Salmon
- Shrimp
- Tuna
- Trout
- Bratwurst
- Hot Dogs
- Luncheon Meats
- Pepperoni

## VEGETABLES

- Broccoli
- Cauliflower
- Cabbage
- Bell Pepper
- Cucumbers
- Lettuce
- Onions
- Garlic
- Sprouts
- Spaghetti Squash
- Summer Squash
- Zucchini

## FRUITS

- Avocados
- Blueberries
- Blackberries
- Raspberries
- Strawberries

## FATS/OILS

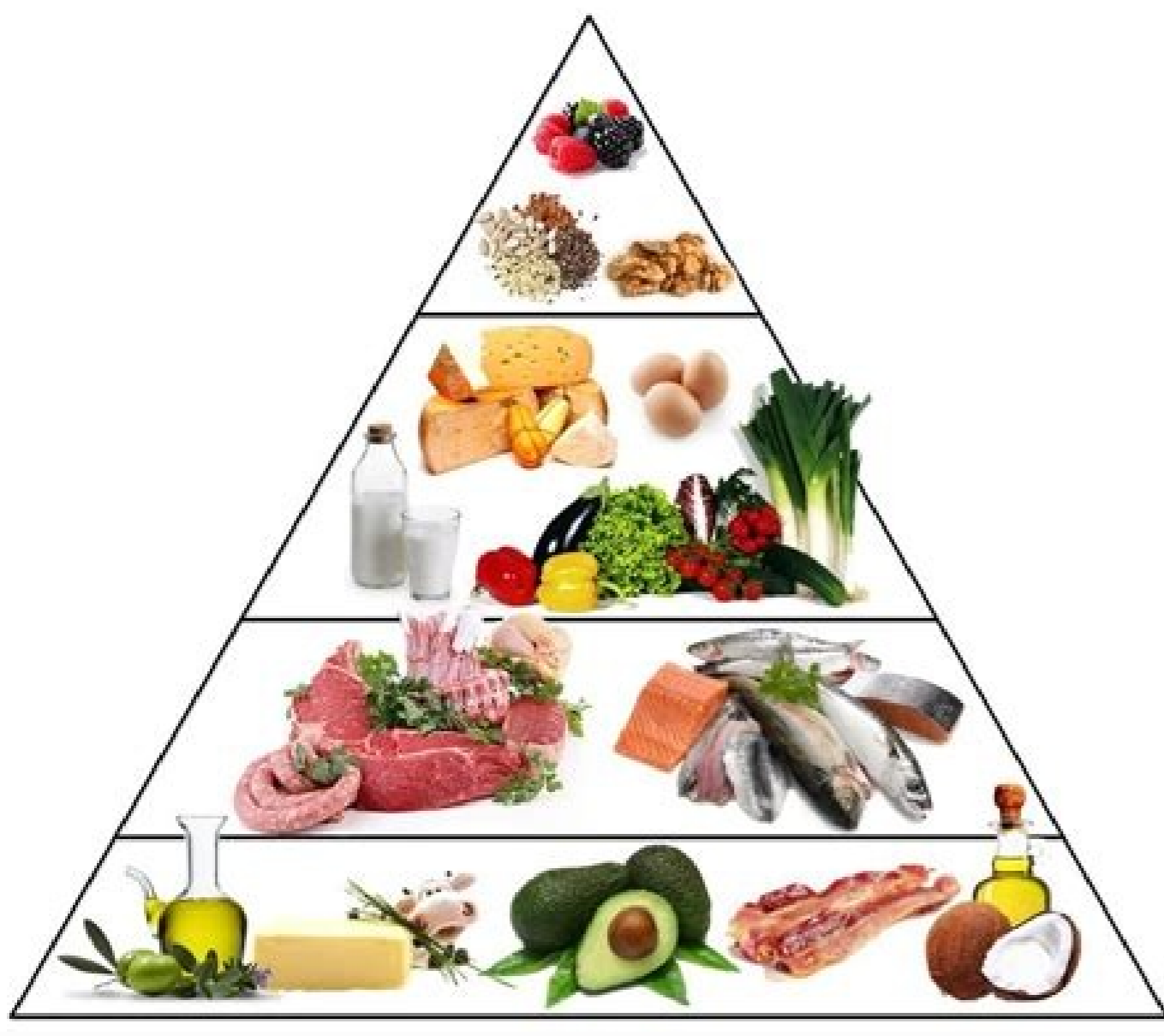
- Avocado Oil
- Olive Oil
- Grapeseed Oil
- Coconut Oil
- Sesame Oil

## DAIRY

- Heavy Cream
- Cream Cheese
- Eggs
- Sour Cream
- Butter
- Hard Cheeses
- Greek Yogurt

## MISC.

- Peanut Butter
- Sunflower Butter
- Almond Butter
- Nuts, Seeds
- Nut Flours for baking
- No Sugar Added Sauces
- Chicken Stock
- Sugar Free Pickles
- Pickle Juice
- Mustard
- Cider Vinegars
- Salsa/Hot Sauce
- Sugar Free Salad Dressings
- Full-Fat Ranch
- Beef Jerky
- Olives
- Pork Rinds



*free!*

# PRINTABLE KETO DIET FOOD LIST

## KETO DIET Food List

PROTEIN	Chicken	Bacon	Lamb	Turkey	
	Steak	Fish	Burgers	Eggs	
	Pork	Shellfish	Sausages	Tofu	

DAIRY	Cream	Cheese- cheddar, parmesan, swiss, colby, mozzarella, blue, havarti, etc.			
	Sour Cream				
	1/2 N 1/2	Yogurt (full-fat)	Butter	Cream cheese	

VEGGIES	Celery	Bell Peppers	Mushrooms	Arugula	
	Spinach	Broccoli	Cabbage	Green Beans	
	Radishes	Cauliflower	Eggplant	Asparagus	

FRUITS	Strawberries	Lemons	Tomatoes	Apricot	
	Blackberries	Limes	Watermelon	Cantaloupe	
	Raspberries	Avocado	Coconut	**eat fruit sparingly	

NUTS	Macadamia	Walnuts	Almonds	Chia Seeds	
	Brazil	Hazelnuts	Pine Nuts	Sunflower Seeds	
	Pecans	Flax Seeds	Peanuts	Pistachios	

FATS	Dairy	Nuts	PANTRY	Stevia	Almond Flour
	Oils	High Fat Meat		Monkfruit	Coconut Flour
	Avocado	Lard Nuts		Erythritol	Protein Powder

*whole lotta yum* © Whole Lotta Yum 2020

# ULTIMATE KETO SHOPPING LIST FOR BEGINNERS

- |   |  |  |
|---|--|--|
| <b>Produce</b>  | <b>Dairy</b>   | <b>Drinks</b>  |
| <ul style="list-style-type: none"><li>Asparagus</li><li>Broccoli</li><li>Bell Peppers</li><li>Broccoli Sprouts</li><li>Cabbage</li><li>Cauliflower</li><li>Celery</li><li>Cucumbers</li><li>Eggplant</li><li>Green Beans</li><li>Lettuce</li><li>Kale</li><li>Mushrooms</li><li>Peppers</li><li>Spaghetti Squash</li><li>Squash</li><li>Tomatoes</li><li>Zucchini</li></ul> | <ul style="list-style-type: none"><li>Butter</li><li>Blue Cheese</li><li>Buffalo Mozzarella</li><li>Brie</li><li>Aged Cheddar</li><li>Colby</li><li>Collage Cheese</li><li>Cream Cheese</li><li>Feta Cheese</li><li>Goat Cheese</li><li>Greek Yogurt</li><li>Heavy Cream</li><li>Mascarpone</li><li>Mozzarella</li><li>Parmesan</li><li>Provelone</li><li>Ricotta</li><li>Sour Cream</li></ul> | <ul style="list-style-type: none"><li>Water</li><li>Tea</li><li>Coffee</li><li>Unsweetened Almond Milk</li><li>Bone Broth</li></ul>  |
| <b>Fish</b>   | <b>Poultry</b>   | <b>Baking</b>  |
| <ul style="list-style-type: none"><li>Anchovies</li><li>Cod</li><li>Crab</li><li>Flounder</li><li>Red Snapper</li><li>Sardines</li><li>Salmon</li><li>Shrimp</li><li>Tuna</li><li>Tilapia</li><li>Labster</li><li>Blackened</li><li>Crab</li><li>Shrimp</li></ul>   | <ul style="list-style-type: none"><li>Chicken</li><li>Turkey</li><li>Eggs</li></ul>  | <ul style="list-style-type: none"><li>Almond Flour (Blanched)</li><li>Almond Meal</li><li>Coconut Flour</li><li>Cocoa Powder</li><li>Chia Seeds</li><li>Sea Salt</li><li>Avocado Oil</li><li>Coconut Oil</li><li>MCT Oil</li></ul> |
|   | <b>Meats</b>   | <b>Sweeteners</b>  |
|   | <ul style="list-style-type: none"><li>Grass-fed Beef</li><li>Ribeye, Roast, Ground Beef</li><li>Lamb</li><li>Pork Pork Chops, Pork Tenderloin, Ground Pork, Pork Loin, Ham, Bacon</li><li>Beli Pasterni, Prosciutto, Pepperoni, Salami, Turkey</li></ul>   | <ul style="list-style-type: none"><li>Stevia</li><li>Erythritol</li><li>Sweetener</li><li>Pure Vanilla Extract</li></ul>   |
|   |  | <b>Dressings</b>   |
|   |  | <ul style="list-style-type: none"><li>Ranch</li><li>Blue Cheese</li><li>Cesar</li><li>Taiwan</li></ul>   |
|   |  | <b>Fruit</b>   |
|   |  | <ul style="list-style-type: none"><li>Avocado</li><li>Raspberries</li><li>Blackberries</li></ul>   |



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"The vegetables and protein will help you to feel full, while the healthy fats will start to be used by your body for energy (instead of glucose)."Best keto protein sources: Tuna pouch in olive oil Canned salmon Sardines Chicken Turkey Nitrate-free ham or bacon Tofu Eggs Cheese Any other type of fishCondimentsKeto considerations: As with most other keto diet foods, the thing you want to avoid with condiments is too much added sugar. "Knowing how to read the nutrition label can be a huge benefit when trying to determine if something is keto," says Scholl. If additional sweeteners are added, it's likely a no-go." Best keto condiments: Guacamole Peanut butter (with no added sugar) Dijon mustard Horseradish Hot sauce Relish Red wine vinegar or apple cider vinegar Sauerkraut Pesto TahiniSpices/herbsKeto considerations: Spices and herbs are a pretty easy keto "food" because while many do have carbs in them, you're likely using such a small amount to avoid over-seasoning your food, so the carb count is likely to be negligible. When it comes to which veggies should be go-to on keto, green leafy vegetables have the lowest amount of carbs, says Scholl.Best keto veggies: Zucchini Alfalfa sprouts Cucumber Daikon or other radishes Lettuce Peppers Kale Swiss chard Collards CabbageFruitsKeto considerations: Believe it or not, fruits can be a tricky keto food because a lot of them actually are high in carbs and sugar, even though it's "natural" sugar versus added sugar. You may be able to find more information about this and similar content at piano.io "Peanuts are naturally higher in carbohydrates than other nuts since they're technically a legume. "Check dressings as many tend to include sugar, so they will have a higher carb count," says Scholl. "Fruits are much higher in carbs than vegetables, so it's key to focus on lower-carb options like berries when following the keto diet," says Scholl. "Instead, the carbs found in lower-carb fruits, vegetables, and nuts are the main source of carbs in this diet," says Penny Scholl, RD, LPN, owner of Remake My Plate in Avon, Massachusetts. And with the keto diet, that's definitely the case, given that the nutritional guidelines of the diet are so specific. But let's be honest: There are a lot of foods on the shelves, and it can be a ton of work just wandering the aisles and produce section reading labels and wondering if you're shopping within your macros, so to speak. Because you're carb intake is so limited, make it worth it with nutritious options, like the following ones.Best keto carbs: Pecans Brazil nuts Macadamia nuts Walnuts Hazelnuts Peanuts Almonds Pepitas Almond flour/meal for baking Coconut flour/meal for bakingFatsKeto considerations: The other defining factor of the keto diet is that it's also a plan that's quite high in fat. The key is focusing on carb sources that are also high in other nutrients, like protein and good fats.Simply put, you aren't gonna want to go buy a bunch of simple-carb foods (like sugary cereal and white bread) on the keto diet. Veggies are especially key in the keto diet because they tend to be low in sugar and high in fiber to help you stay full. Best keto fruits: Blackberries Blueberries Strawberries Raspberries Cranberries Pumpkin Cucumbers Eggplant Avocado OlivesProteins/meatsKeto considerations: "Lean proteins like shrimp, salmon, chicken breast, pork loin, and flank steak are all great source of protein without adding a lot of saturated fat," says Searor. You also need to take fiber into consideration, as it plays a huge part in the keto diet, because you subtract fiber from carbohydrates to determine your "net" carbs. Best keto flavor enhancers: Chili powder Salt Pepper Basil Oregano Garlic powder Onion powder Ginger Rosemary MintFast food optionsKeto considerations: "Fast" items for work lunches or easy dinners may be the most challenging part of grocery shopping for keto dieters. But it's not impossible to come up with satisfying meals and snacks that won't undo your progress. Filling up on meals that incorporate lots of vegetables and some lean protein, like a stir fry, and adding an unsaturated fat (like olive oil or canola oil) is a great way to kick off your keto diet, Searor says. When you follow a specific diet, you generally have to start paying attention to your grocery shopping habits and go into the store with a clear plan if you want to be successful. At first glance, that idea might sound crazy, as it can be tough to eat, well, a ton of avocado every single day. "Try to focus on oil and vinegar dressings for salad."Another commonly asked keto question is whether or not peanut butter is keto compliant. For most people who do the keto diet, they eat 75 percent of their daily calories from fat, 20 percent from protein, and 5 percent from carbs, says Stephanie Searor, MS, RD, LDN, owner of Love Yourself Nutrition and Wellness in Clarksville, Tennessee. So if you're feeling a bit overwhelmed at the thought of shopping for keto diet foods, print out or pull up on your phone this comprehensive list of keto must-haves, all approved by registered dietitians. (You're welcome!)CarbsKeto considerations: As you probably already know if you're ready to hit the grocery store, the keto diet is primarily defined by the fact that it "really" limits your daily carb intake. Guesswork, gone. "Additionally, when it comes to fast food options, items such as ready-to-eat salad mixes can be a good option if you make sure to leave out added items like croutons, dried fruits, etc."Best keto fast food options: Prepared salad mixes Rotisserie chicken (not the breaded type) or pre-cooked/sliced grilled chicken Cheese sticks Tuna pouch in olive oil Canned salmon Sardines Hard-boiled or scrambled eggs Frozen zucchini noodles Frozen cauliflower rice Pre-cooked frozen burgers This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. "Just like any low-carb option, you need to look at the label of peanut butter to see if it can be fit into your carbohydrate restriction," says Julie Stefanski, MEd, RDN, owner of Stefanski Nutrition Services in York, Pennsylvania, and a spokesperson for the American Academy of Nutrition and Dietetics. Tip: Focusing on cooking with good, heart-healthy fats is an easy way to up your fat intake in a way that will leave you feeling satiated rather than deprived.Best keto fats: Olive oil Coconut oil Sesame oil Grapeseed oil Avocado Nuts Hemp hearts Chia seeds Sour cream Ground flaxseedVegetablesKeto considerations: It's safe to say that vegetables have a place in all diets and lifestyles, whether you're trying to lose weight or not. But you obviously can't eliminate carbs completely even if you're following a diet (you still need energy, after all).

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